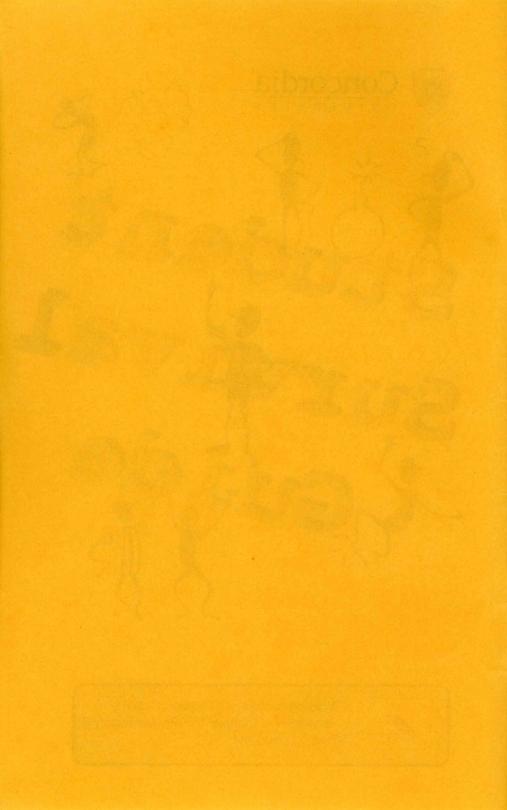




A Co-production of Concordia Health Services and Campus Ministry (Advocacy & Support Services)



How to Use this Guide

The information contained in this guide has been compiled through resources available to the publishers, and through questionnaires distributed to Concordia students. Although many of the resources available in Montreal are listed, it is impossible to list all available resources. In no way do the publishers wish to say that the resources contained in this guide are any better or more important than the ones not listed. Any omitted resources are purely due to the lack of time before publishing and in no way reflect upon the quality of the other resources. We encourage you to use this guide as a starting point and actively seek out other resources that may also be of assistance to you.

It is also important to note that although the publishers have checked to see that all resources contained in this guide are still operation, there is a very high turnover rate in this area. So to save yourself time and energy, always call first to make sure things are still functioning, especially food banks.

This Survival Guide had been formatted to put as much information as possible into the least possible space. You will notice that every section is divided into 2 columns. At times, like in a newspaper, the information in the left column may carry over into right column. Also, information in a right column may be carried over onto the next page.

As this is the first printing of A Survival Guide for Concordia Students, we realize that we may have omitted certain things. Please take some time to fill out and return the feedback page (pgs. 29 and 30) and let us know what you think. Never forget that although sometimes you may feel lost and confused, there are many people at Concordia, and in Montreal, who care and want to help you out. We hope that this guide will point you in these directions.

Acknowledgments

This project has been a collaboration between Concordia Health Services and Concordia Campus Ministry (a section of Concordia Student Services/Advocacy and Support Services)

The publishers would like to thank the following people:

- Angie Siano and the staff from Health Services for providing us with such an incredible base of research for this guide, excellent ideas, many additional resources, useful feedback and funding;
- Daryl Lynn Ross from Campus Ministry for guidance, extremely important insight and information, as well as the opportunity to work on this project, and for her sincere concern for the students at this University
- Bernie Glover from Campus Ministry for spending way too many hours while not at work to reformat this whole guide and bring it into existence. With out him, this job would never have been completed;
- ▶ Amber from CSU for letting us use portions of the 98-99 CSU Agenda
- Ann Kerby and Angela Ghadban from Advocacy and Support Services for all the useful ideas and the use of their computer, and of course, the funding;
- Human Resources, Canada, for the Summer Career Placement Programme Funding.

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BOAR

SECTION 1: SHELTER & CLOTHING

HOUSING

Choosing the right Neighborhood for you

Notre-Dame-De-Grace (NDG)

Apartments and duplexes. Prices are reasonable.

Good: Lots of green space and fresh air. Quiet. Close to Loyola campus.

Bad: Dismal nightlife, takes some time to get downtown. Nighttime safety questionable in some areas.

Côte-des Neiges

Small to large apartments and duplexes. Prices varv.

Good: Culturally diverse, decent access to public transit, hospitals all over the place.

Bad: High crime rate and bugs in some places. A bit remote from student life. Not the prettiest place.

Westmount/ Eastern NDG

Duplexes and mid-sized apartments. Lower Westmount's prices similar to downtown's, while Eastern NDG is a bit cheaper. Good: Shopping, walking. Westmount is a beautiful suburban area.

Bad: They roll up the sidewalks at 11pm.

McGill Ghetto/ St. Laurent

Small to meduim-sized buildings. Similar prices to downtown with some bargains to be found.

Good: Sense of community, lots of student hangouts. The excellent and diverse St. Laurent nightlife.

Bad: dirty, run-down part of town, Cost and critters may be a concern

Plateau Mont-Royal

Wide range of duplexes, flats, and apartment buildings. Prices vary.

Good: Culturally diverse. Many places have bigger rooms than downtown, some real gems. Excellent shopping and night-life (Parc, St. Denis, St. Laurent)

Bad: Fire hazard, some bugs. Can be dangerous.

Verdun

Row houses in the west, triplexes and flats in the east. Lowest prices in vicinity of SGW and downtown.

Good: Low rents. Small town feeling. Reasonably good shopping.

Bad: Western area tends toward the slummier side of things. High crime area, fires, and occasional biker gang violence. Few amenities.

Downtown

Many small, 1-person apartments and a variety of studios, flats, and lofts. New buildings tend to be very expensive. Lower prices north of Guy and Atwater metros (particularly around Lincon, which has come to be known informally as the Concordia Ghetto) and south of St. Catherine.

Good: Near SGW, ample shopping, good nightlife, within walking distance of nearly everything. Many students in some buildings.

Bad: Noise, pollution, little green space, infestations in some places near restaurants. Many students in some buildings.

Finding a place

CSU Off-Campus Housing SGW H-620

Phone: 848-7476 Fax: 848-7450

Offers a free database listing of offcampus housing in the Montreal area. Lists are posted outside the CSU offices (SGW/H260). Here you can obtain a customized list tailored to your needs of price, location & size. You can search the database yourself from the Web at http://cug.concordia.ca/ ~housjob/ or email questions or suggestions to:

housjob@alcor.concordia.ca

La Corporation des Habitations Jeanne-Mance

150 Ontario E.

Offers low-income housing for families and those above the age of 50 (872-1515)

Information about low-income housing for students with income less than \$1,500/yr (872-2277)

NDG Info Depot 2121 Oxford (at de Maisonneuve) 483-5346

An information center for low-cost housing, welfare and more.

Municipal Housing Office (Montreal) 152 Notre Dame E. 872-6442/ 3514

Rental office: Mandated to acquire, build & administrate low-rental buildings assigned to low income individuals and families. Acts as an agent of the city. Hours: 8:30-16:30

Projet d'Organization Populaire d'Information et de Regroupement 4281 Notre Dame W. 935-4649

Housing assistance for low income people

Temporary places to stay

Montreal Youth Hostel 3541 Aylmer St. 843-3317

Comfortable lodging for members & non-members. Four beds or more to a room. Kitchen, common room & laundry room. Call for prices.

YMCA of Montreal's Residence 1450 Stanley St. 849-8393

Residence for men & women. Permanent & transient stays.

YWCA Residence WOMEN Only 1355 Rene-Levesque W. 866-9941

Permanent & transient stays. Access to library, kitchen, pool, sauna and lounge. Counselling & support groups.

TENANTS RIGHTS

Arnold Bennett's Housing Hotline 488-0412 or 944-8560

Tenants advisory clinics every Sat. & Sun. at 11:00

Comite Logement Centre-Sud 2083 Beaudry, Suite # 90 521-5992 Legal & tenants rights Info Federation de Cooperatives d'Habitation de l'Ile de Montreal 843-6929

Represents co-op members and helps start co-ops.

Front d'Action Populaire en Reamenagement Urbain 522-1010

Coalition of housing rights groups

Rental Board 5199 Sherbrooke E. #2161 873-2245

Administers the "Act to promote conciliation between lessees & property owners"

Hours: M-F 8:30- 6:30

Other housing issues

NDG Community Council 484-3682

Free Info and services for NDG residents

Public Works 872-3434

> Responsible for garbage collection and sidewalk repairs, also has information on drinking water, a schedule of dangerous materials collection, recycling, etc

Rats 872-4980

Tandem Montreal 872-6155

A city-run crime-prevention service that sets up neighborhood-watch programs and offers information and advice on home security. Call to find the one nearest you

Cockroaches/ Structural, heating or water problems 872-2421

♥ CLOTHING New and Slightly Used

Accueil Bonneau 427 de la Commune E. 845-3906

Clothing service Mon. & Wed. mornings.

Boutique de Recession 5650 Sherbrooke W. 486-6398

Second hand clothing

Charade 5673 Sherbrooke W. 487-0070

Run by the NDG anti-poverty group

Entraide Pointe St- Charles 2489 Centre 937-3616 Selling second hand clothing. Eva B. 2013 St-Laurent 849-8246

Super funky second-hand clothes

Friperie St-Laurent 3976 St-Laurent 842-3893

Second-hand clothing boutique

Le Chateau Warehouse 5255 Jean Talon W. 341-3965

Sells seconds (clothing with - usually invisible - defects or end of season clothing (Namur metro)

Les Glaneuses

733-4803

Discount clothes, furniture, and jewelry

MiniPrix 524-2496

The Cote des Neiges Council of Churches, used clothing at minimal prices.

NDG Anti-Poverty Group 489-3548

Welfare advocacy, clothes & furniture depot, lunch club

Pantalons Superieur 69 Ste-Catherine E. – 842-6969

Levi's 501, tapered, hemmed, \$32 + tax

Renaissance Montreal 7250 St- Laurent 276-3626

Used clothing and furniture

St. James United Church 288-9245

Clothing Depot

St. Vincent de Paul 1930 Champlain 526-5937

Clothing service: M - Th. between 10-4

Salvation Army Thrift Stores

- Centre 1620 Notre Dame W. 935-7425
- Cote des Neiges 4890 Jean Talon W. 738-1796
- East 1371 Everette 276-0349
- West 6260 Sherbrooke W. 488-8714
- Laval 4305 Blvd Samson, 450-978-7057
- Longueuil 127 King George 450-468-7194
- Brossard 5840 Taschereau Blvd. 450-462-9185
- Pierrefonds 5005 Blvd. des Sources 683-6414

Good, clean, second hand clothing at reasonable prices.

Sun Youth 4251 St. Urbain 465-1803

Clothing services: 8:00-21:00 842-6822

Traction Avant 158 Charron Clothing Service

Village des Valeurs

- 4606 Jean Talon W. 739-1962
- 6779 Jean Talon E. (St. Leonard) 254-0433
- 2033 Pie IX 528-8604
- 7401 Boul. Newman (Lasalle) 595-8101
- 801A Boul. Taschereau (Greenfield Park) 450-923-4769

Cheap Furniture & Household needs

Ameublements Cote-des-Neiges 6238 Cote-des-Neiges 344-3272

New furniture and appliances 344-3272

Atelier de Meubles Recycles Ahuntsic-Cartierville 9850 Verville 388-5338

Second hand furniture.

Boutique de Recession 5650 Sherbrooke W. 486-6398

Second hand furniture, no appliances.

City of Montreal Public Auctions 969 Louvain E. 872-2340

Call for the schedule and details

Consumer's Garage Sale 3695 Wellington 766-4445

> Large selection of new and used furniture, bought, sold and exchanged. Delivery and pick up available

Dollarama Stores or Dollar Stores

All stores of this sort are good places to buy household needs (brooms, cleaning fluids, dishes, glasses, cutlery etc.) See phone book for of stores

Entraide Clifford Charron 5900 Monk 769-5286 769-593

Used or second hand furniture.

Entraide Wellington 3807 Wellington 362-9891

F.R.A.M.E. 482-9676

Restores & resells donated furniture at a low price

Le Mercaz 344-8845

Second hand furniture & appliances 344-8845

NDG Anti-Poverty Group Welfare 489-3548

advocacy, clothes & furniture depot, lunch club

St. Augustine

Second hand furniture

St. Vincent de Paul 1930 Champlain 525-2491

Used & second hand furniture.

Salvation Army Thrift Stores

See under "clothing" for addresses & phone numbers. Has second hand/ used furniture & household items See "clothing""

Village des Valeurs

See "clothing" for addresses Stores carry small furnishing & needs as well as clothing. See "clothing""

Emergency Shelters

For Women

Auberge Madeleine 597-1499

Emergency shelter for women over 18 without children. 19 beds. Three meals offered. Length of stay usually short term. Open 24 hours/7 days. Self-referral. Free

Chez Doris 2196 de Maisonneuve W. Metro Atwater 937-2341

Mon-Thurs 8:30-14:00; Friday 8:30-13:30; Saturday & Sunday 8:30-15:00 Breakfast -8:30-10:30; Lunch -12:00-13:00. Your first meal is free. Subsequent meals are exchange for services (e.g. cleaning, dishes etc.)

Elizabeth House 2131 Marlowe 482-2488

Shelter for pregnant teenagers

Residence Project Chance 934-6199

A residential program for single mothers in University. They offer food & residence, parenting groups, etc. For more Info call Susan Cross - Wed., Thurs. or Fri. 9:00-17:00.

Salvation Army Shelter of Hope for Women 2000 Notre-Dame St. W. 934-5615 For women over 18. Shelter & meals

For Men

Refuge des Jeunes de Montreal 3767 Berri St. 849-4221

Men 18-24 only. Temporary night shelter, counselling & referrals

La Maison du Pere 550 Boul. Rene Levesque 845-0168

Shelter for homeless men. Group & individual therapy. Clothing distributed

Old Brewery Mission MEN ONLY 915 Clark 866-6591

Daily dinner at 17:00. Open 24 hour a day.

Salvation Army Men's Hostel 1620 St. Antoine W. 932-2214

Rooms & meals at low cost. Free dorm beds and meals for men in temporary difficulties.

SECTION 2: NUTRITIONAL NEEDS

Campus

Mother Hubbard's Cupboard Annex Z(2090 Mackay) Rm 02 848-3588

> Monday nights 17:00-19:00 Vegetarian, healthy meals for a donation of \$1-2 or less if you are broke

Le Frigo Vert 2130 Mackay 848-7586

Healthy, natural foods sold in bulk.

Food Banks

Acceuil Bonneau 427 de La Commune est Metro-Champs de Mars 845-3906

Serves food to a wide variety of street people. If the dinning room is full you may have to wait about 15 minutes. Hot meals served M-F 9:3011:15; sandwiches & a drink are served 12:00-3:00.

Armee du Salut 2050 Stanley Metro Peel 288-7686

Depannage alimentaire

Benedict Labré House 308 Young St. Metro Bonaventure 937-5973

Bon Pour Toi 187 St. Mathieu Metro Guy 932-7396

Bouffe-heberge 157 Ontario est Metro St. Laurent 287-7611

Café Boustifable 348 Logan 525-6316

Mon. - Fri. 17:00-19:00, Sat. & Sun.

Chez Doris Women only 2196 de Maisonneuve W. Metro Atwater 937-2341

Mon.- Thurs. 8:30-14:00; Friday 8:30-13:30; Saturday & Sunday 8:30-15:00. Breakfast -8:30-10:30; Lunch - 12:00-13:00. Your first meal is free. Subsequent meals are exchanged for services (e.g. cleaning, dishes etc.

CLSC des Foubourgs 1705 de la Visitation Metro Beaudry 527-2361

Columbia House 1710 Beaudry Metro Beaudry 596-7092

Comite Social Centre-Sud 2365 rue Grand Trunk Metro Charlevoix 932-6202

La Maison des Amis du Plateau 4295 Papineau Metro Papineau 527-1344

Mile End Mission 99 Bernard W 274-3401

Fridays 11:15. Need proof of residence in the area.

Mission Bon Accueil 1490 St. Antoine Metro Lucien Lallier 935-6595

Mission Colombe Montréal Metro Berri UQAM 384-3634

Mission St Michel 137 President-Kennedy Metro Place-des-Arts 844-8127

Moisson Montreal 6880 Ch. de la Cote de Liesse Metro Du College & Bus 202 344-4494 Montreal Harvest 9015 Meilleur, H2N 2A3 -381-6641

Collects surplus food from manufacturers, supermarkets, wholesalers etc. Redistributes to agencies who feed the needy. Call for information on where & when to find food baskets or community meals in your area.

Multicaf 5829 Cote des Neiges 733-0554

> Open 9:00 - 16:00. Breakfast 10:00-11:00, Free. Lunch from 12:00-13:00 for \$1.00. Multi-cultural cafeteria & food bank. Also has language courses sometimes.

NDG Anti-Poverty Group 489-3548

Welfare advocacy, clothing & furniture depot, lunch club

Old Brewery Mission 915 Clark 866-6591

Daily dinner at 17:00. Open 24 hour a day.

Partage d'Youville 2327 Centre Metro Charlevoix 935-9846

Place Vermeille 1581 Alexandre de Seve Metro Papineau 527-7822

Regr. des Cuisines Coll. du Que. 1605 Champlain Metro Papineau 529-3448

Resto-Plateau 5075 Rivard Metro Laurier 287-1949 St Willibrod 320 rue Riel, Verdun Metro Verdun 769-9678

St. James United Church 288-9245

Food Depot

St. Louis de Gonzaque 2320 Terrasse Mercure Metro Frontenac 521-8619

St. Patrick 1110 Alexandre Metro Sq. Victoria 866-7379

St. Vincent de Paul 1930 Champlain Metro Frontenac 526-5937

Sun Youth 4251 St Urbain

Metro St. Laurent 842-6822

Open 8:00 - 21:00. Various programs for feeding the needy. Call for more information.

Table de Concertation 1212 Panet Metro Beaudry 522-2455

Tyndale St. Georges 870 Richmond Sq. Metro Lionel-Groux 931-6265

Welcome Hall Mission Call for Appointment 1490 St. Antoine W. 935-6395

Tuesday & Thursday-food (perishable & non-perishable) They usually serve welfare recipients, but show your student ID they will accept it.

Nutritional Community Programs

Community Kitchens/ Regroupement des Cuisines Collective de Quebec 642-3613

People meet monthly or more often, and cook together. Each person brings home a portion to have another day. If there is no kitchen group in your area you might be able to start one. Call & ask

Chez Mes Amis 5942 Sherbrooke W 482-2210

Non-profit restaurant. Three meals served \$1.25-2.00 Kids under 6 free

Manna Verdun Food Bank 666 Woodland 761-4394

Mon., Wed., Fri. 10:00 - 12:00. Run by senior volunteers, Pres. Doris Robinson.

Mile End Mission 99 Bernard W 274-3401

Fridays 11:15. Need proof of residence in the area.

NDG Food Depot 2121 Oxford (corner of de Maisonneuve) 483-4680

For NDG residents only. Proof of residence required (phone or hydro bill will do) Food distributed once a month, but they will bend the rules in emergencies.

Special Dietary Needs

Montreal Diet Dispensary 2182 Lincoln 937-5375

Volunteer organization providing nutritional counselling to pregnant women. Distributes vitamins, 1 liter

milk & 1 egg daily to pregnant women. call for appointment. Priority: Women at risk.

Assistance Maternelle 148 de l'Epee 279-1074

SECTION 3: HEALTH NEEDS

Campus

Concordia Health Services Department Hours: Mon.-Fri. 9:00-17:00 SGW Campus - 2155 Guy Rm. 407 SGW 848-3565

Loyola Campus - Administration Bldg. Rm.121-3 848-3575

Walk-In or call for an appointment. Physicians & nurses; psychiatry & psychotherapy; woman's & men's health issues. Preventative health care and health education. Referrals to specialists. This is a student-friendly service.



TO FIND CLSC NEAR YOUR HOME CALL 842-5141 (Have your postal code ready)

CLSC Metro 1801 de Maisonneuve W. 3rd Fl. 934-0354

Hours: M & F: 8-2, Tu. & Th:8-5, F:

CLSC Centre-Sud 1705 de la Visitation 527-2361

Hours: M-F: 9-5

CLSC Centre-Ville 1250 Saguinet 847-1250

Hours: M-F: 9-5

CLSC Cote des Neiges 3600 Van Horn 731-8531

Hours: M-F: 9-5

CLSC Cote St.Luc/Hampstead 5800 Cavendish #308 488-9163

Hours: M-F: 9-5

CLSC Lasalle 414 Dollard 364-2572

Hours: M-F:9-5

CLSC NDG 2525 Cavendish #110 485-1670

Hours: M-F: 8:30-5

CLSC Park Extension 469 Jean Talon W. 273-9591

Hours: M-Th.: 8-8, F

CLSC Verdun 1090 de l'Eglise 766-0546

Hours: M-F: 8-4:30

***After Hours Medical Services**

SGW Campus

Clinique Medical de la Cite 300 Leo Parizeau 281-1722

> Hours: Mon.-Fri.: 8:30-21:30, Sat.: 9:00-18:00 Sun. 10:00-16:00. Out of Province Insurance pays \$35.00 towards the cost of the appointment. Int'l Insurance pays \$70.00.

Clinical Mont Carmel MEDICARE ONLY 933 Boul Rene Levesque 282-9197

Hours: Mon., Wed. & Thurs.: 8:00-20:00, Fri.: 8:00-16:00, Sat.: 10:00-16:00. Out of Province & INT'L pay cash.

Metromedic 1253 Guy 932-2122

Hours: Mon.- Fri.: 8:30-20:00, Sat.: 10:00-17:00. Walk-In clinic. Out of Province Insurance pay \$30.00, Int'l pay \$50.00

Info Sante

275-7575

Medical information by phone

Loyola Campus

CLSC NDG 2525 Cavendish #110 485-1670

Hours: M-F. 8:00-20:30 By appt Only! Sat: 8:30-16:30. Must reside in NDG

Cavendish Medical MEDICARE ONLY OOP & Int'l - cash 2545 Cavendish 932-2122

Hours: Mon.: 9-1,4-9; Tu.: 9-1, 6:30-9, Wed.: 9:-1, 2:30-8:30; Th.: 9-1, 1:30-6. F.: 9-1, 2-7. Sat.: 9-4

Decelles Medical Centre 5757 Decelles Ave. #555 739-7771

M-F: 9:00-21:00; Sat: 9:00-15:00 Sun.: 10:00-15:00. Takes valid insurance and forms

Westside Medical 6484 Sherbrooke W. 489-5753

> Hours: Mon.- Fri. 9-8 Best to call first. Accepts Insurance's

AIDS / HIV

AIDs Community Care of Montreal (ACCM) 2075 rue Plessis, Basement level, Volunteer & information 527-0928 Drop in & Client Service: 529-9462

Non-profit community based organization which provides support for people living with AIDS & their loved ones. Self help support groups for people living with AIDS. Seropositive men & women, bereavement, counselling group & stress management for the volunteers. All volunteers are extensively trained. Office hours are M-Th 9-5

Cactus 1209 Ste. Dominique St. 954-8869

Needle exchange, free needles & condoms

CLSC Centre-Sud 1705 de la Visitation 527-2361

> Hours: Mon. - Fri.: 9:00-17:00 Confidential AIDS testing by appointment. Info on HIV/AIDS. Support groups, counselling, dietician, medical care for persons with AIDS.

CLSC Centre-Ville 1200 Saguinet Info line: 847-0644

Mon. - Fri. 9:00-12:30
Provides support, nutritional Info & health professional advice for persons with AIDS.

CLSC du Plateau Mt. Royal 4689 Papineau 521-7663

> Walk-In clinic. Mon.-Fri. 13:00-16:00 Medical treatment for HIV/AIDS in the Plateau sector. Home care available. Hours: Mon.-Wed. :8:00-20:00; Thurs. & Fri. 8:00-18:00

CLSC Metro- AIDS Intervention 1801 de Maisonneuve W. 3rd fl. **Guy Metro St Mathieu exit** 934-0552

> Support groups. Anonymous HIV testing by appointment, crisis intervention, referrals, counselling, dietician services & medical care for AIDS Mon - Fri 9:00-12:00

Concordia Health Services Dept. 2155 Guy # 407 848-3565

Confidentiality assured

Call for an appointment or Walk in. Testing, referrals, education.

Farha Foundation 7080 du Parc 270-4900 JGH Infectious Disease Clinic JGH G-148. 340-8230

> Confidential HIV testing, counselling for HIV/AIDS. Teaches medical care to home care patients for self administration. Walk-In clinic in the AM for all STDs. Hours: Mon.-Fri. 9:30-11:30

McGill AIDS Centre JGH / Ladv Davis Institute #318 340-7636

> Acts as resource centre. Coordinates research at McGill's teaching hospitals.

MGH Infectious Disease clinic MGH A-5-156 Dr. D. Portnov 934-8074

> Daily from 9:00-12:00 by appointment only. No referral needed but is preferred. Test for Chlamydia. ureaplasma, Mycoplasma & HIV. Accepts Out of Province & Int'l with card & forms.

Montreal Immunodificiency Clinic 3650 St. Urbain 849-4814 849-5201

Resources Centre for HIV/AIDS patients. Deals with AIDS specific symptoms, in and out patient clinic. referrals for support groups & health care. Hours: 8:00-16:00

Substance Abuse

Resources for Alcohol Addiction

Adult Children of Alcoholics Westmount Baptist Church. 4755 Sherbrooke W.

482-1659

12 Step program . Contact: David Maurice Various meetings available. Self support groups, relies on donations of members

Alcoholics Anonymous 5791 d'Iberville 376-9230

> Hours 9:00-23:00. Addresses for meetings given. Support meetings for alcoholics 7 days a week at various locations.

Concordia On Campus Al-Anon Meetings

> 2090 Mackay Annex Z Wednesday evenings 19:00-22:00

Drop in SGW-848-3590 LOY-848-3588

Concordia Health Services Dept. 2155 Guy # 407 848-3565

Confidentiality assured

Call for an appointment or Walk in. someone will be willing to help or refer you to the right organization to help you.

Al-Anon 866-9803

For families of alcoholics

Resources for Drug Addiction

Information & Referral Centre of Greater Montreal Drug hotline-24 hrs/7 days week 527-2626

Cocaine Anonymous 932-5555

Phone support. Group meetings. All volunteer. Meetings for people & families of people addicted to behavior-altering substances. 7 days/week

Co-Anon 369-2020

For families and friends

Groupe D'entraide sur la surconsommation 257-6622 Self-help group

Nar-Anon 725-9284

Helps family & friends of drug & medication dependents.

Narcotics Anonymous 6830 du Parc 525-0333

24 hour Help-Line. Daily meetings. Program of complete abstinence from all drugs with one addict helping another.

Resources for Gambling Addiction

Available at Montreal Casino – selfexclusion service

Casino will take a picture and person will sign form requesting to be excluded from the Casino for chosen length of time, i.e. 6 months, 12 months

Gamblers Annonymous 484-6666

Rehabilitation and Detoxification Centers

Hôpital St. Luc 281-3425

Covered by medicare, 7-14 day stay

Montreal General Hospital 1609 Pine Ave. West 934-8311

Contact Gail Gauthier

Addinton House 483-3869

Drug and alcohol, self-referral, men and women, \$3000.00 per month

Alternatives

385-6444

Free group therapy for drug addiction, no detoxification provided

Centre d'acceuil Prefontaine 521-1280

Detoxification and emergency, no cost

Doremy 385-0046

Drug, alcohol, medication, residential and out-patient, no cost

Foster Pavilion: Residential and Outpatient 486-1304

drug and alcohol, youth and adult program, support group for family, covered by medicare, waiting list of 2-3 weeks

Portage 939-0202

Residential detoxification and rehabilitation for drugs, men, women, and teens. No cost with Quebec medicare

Assault – Physical & or Sexual

Concordia Health Services 2155 Guy #407 848-3565

If you are more comfortable with those you know - come to or call the Health Service Dept. We are here to help you. The reception will IMMEDIATELY bring you into a nurse. We will proceed as you wish, with your choices. We are here to advise, inform, support. We can look after the physical & emotional concerns of the assault victim.

CLSC Guy Metro 934-4504

All Victims (Language or sex are not considered)
CRISIS LINE - is manned by volunteers, if no one is personally available to take you call, follow the instructions given by the answering machine.

Rape Crisis Centre 1801 de Maisonneuve W. 3rd fl Med. Clinic 934-0354

Coverage from 9:00-17:00 ONLY
Ask to speak to the person
responsible for assault victims
(As of January 1999 ask for D.
Trent). Your call may have to be
returned.
You will be well looked after as to
physical, psychological & emotional
support. Counsellor stays with

victim through all phases of

process & examinations.

Process includes physical exam, morning after pill, test for STDs. Follow up medical exam 2 or 3 weeks after. Counselling offered for 12 mos.

ENGLISH SECTOR AFTER HOURS:

Present yourself to ER at Montreal General Hospital. CLSC Metro Assault Group will be called and counsellor will be with you through all phases of the process. Follow up is through the Metro CLSC as above.

Hotel Dieu 3840 St Urbain 843-2645 24 hour coverage, mainly French service

Centre Pour Les Assault 843-2645

For information: ask for the person responsible for assault victims. Your call will be returned. OR Present yourself to the ER at Hotel Dieu. Tell the receptionist you are a victim of an act of Sexual aggression / rape / criminal act. A nurse will accompany you until a member of the Assault team arrives, this person will stay with you.

THE SEXUAL ASSAULTCENTRE OF MCGILL UNIVERSITY
Help line - 18:00 to midnight
Info Line - Mon.-Fri., 9:30 -17:301
398-8500 398-2700

Assault: Resources

At any of the above facilities the focus is on NOT having the victim retell the story to a multitude of professionals. That is why one person stays with the victim throughout the process, the person is there to answer your questions, to give you support, to inform you of the process and the follow-up, to assist you with referrals to IVAC (Indemnisation pour les Victim des Actes Criminelles) which is a government agency linked to CSST to cover reimbursements of up to 90% of salary lost due to a criminal act.

Concordia Student Safety Patrol 848-8700

Provides people to walk with you on SGW or Loyola campuses between 19:00- 01:00 Mon. - Fri.

CLSC Guy Metro 1801 de Maisonneuve W. 3rd fl. 934-0354

Has support groups for battered women at various times of the year. Also offers individual support to abused women through their department in social work. Must reside in this sector.

Contact : Angela Idelson

I.V.A.C. Indemnisations des Victims d'Actes Criminals au Quebec Service de l'IVAC, 1199 rue de Bleury 9th fl. 873-6019

For crime victims. Offers through Quebec & CSST reimbursements of 90% of salary. Can receive monthly or life time compensation if incapacitated for life. Various benefit programs for persons suffering from aggressive acts.

McGill Domestic Violence Clinic 3506 University, Wilson Hall 398-7070

Support group for women M 6-8 Mens Therapy Group Tu 6-8. Also individual counselling for women & men in violent relationships. All services are free for women. Men pay on a sliding scale.

Montreal Assault Prevention Centre 284-1212

Open Mon. - Thurs.: 9:30 - 16:00 Program for the prevention of aggression. Program of self defense for women & for the handicapped. Feminist approach. Referral centre & reference library.

S.O.S. Violence Conjugal 873-9010 1-800-363-9010

24 hours/7 Days. Referral to closest shelter

Womens Information & Referral Centre 3585 St. Urbain

Offers individual counselling. Referrals to support groups for victims of incest & sexual abuse.

Counselling/ Listening and Referral Services

Suicide Action 723-4000

24 hour hotline, 7 days a week

Tel-Aide 935-1101

24 hour hotline, 7 days a week

Tel-Jeunes 288-2266

24 hour hotline, 7 days a week

Face-à-Face 934-4546

Listening and referral service, Mon-Fri 9-5, drop-in service

Depressed Anonymous 278-2130

Phone line, French speaking 7 days, 8 to midnight

Project 10 989-1885

842-4780

Phone lines open M-F 1-5. Support services and discussion groups for lesbian, bisexual and gay male youth aged 14-25. Drop in center every Tuesday evenings

Sexual Assault 934-4504

Crisis line and counselling

Multi-Ecoute 737-3604

Multi-lingual listening on the phone or face to face, M-F/9-5

Ami-Quebec 486-1448

Info and referral for mental health, Mon-Thurs 9-5; Fri 9-4

Centre de Sante des Femmes 270-6110

Info and referral line, workshops

Argyle Institute 931-5629

Counseling services by appointment only

Peer Support Programme (Peer Helpers) 2090 Mackay (SGW Z-02) 848-2859

Students specially trained in active listening, problem-solving and other

helping skills available to give non-judgmental feedback and referrals and help for academic and personal problems. Mon-Thu noon to 5

Counselling and Development SGW H-440 848-3545 LOY WC-101 848-3555

Can help you with personal, educational and career concerns. Call for info or an appointment.

Health Services SGW E-407 848-3565 LOY AD-121 848-3575

Offers mental health, counselling, psychotherapy services, confidential STD and pregnancy testing, abortion counselling and a variety of workshops dealing with stress, relationships, depression, and body image

SECTION 4: WOMEN'S ISSUES & INTERESTS

Concordia Women's Centre 2020 Mackay 848-7431

Numerous referrals available for women covering a large range of topics. Resource centre, meeting place, sponsors workshops, self defense courses, film screening, art exhibits, etc. The CENTRE is for ALL WOMEN. Drop in or phone. Answering machine will give you opening times.

Birthright 4100 St. Antoine W. 937-9324

Free service for pregnant women. Referrals to accommodations, gyne, dietary. Supplies clothes for maternity, baby up to age 2 1/2 & furniture. Mon.-Fri.: 10:00-16:00. Call or drop in . Near St. Henri metro station

Not an anti abortion group

Status of Women 2150 Bishop #103 848-4841

An organization which works with other campus organizations to achieve gender equality.

Blood Sisters 848-7585

The QPIRG at Concordia has a Womens action group working against the negative corporate/commercial influences. Call for more Info. WEB http://cug.concordia.ca/~qpirg/bloodsisters/index.html

Simone de Beauvoir Institute 2170 Bishop 848-2373

Institute of women's studies. Call for Info

Centre des Femmes de Montreal 3585 St. Urbain 842-4780

Psychological and social services. Resource & referral centre. Legal aid clinic. Free clothes & emergency food.

Head & Hands - Young Parents
Program Wesley United Church
5964 N.D.G. Ave.
481-0277 or 482-7910
Baby clothes, furniture exchange. Tea & cookies Fridays 1-4

Immigrant Women's Collective of Quebec 7124 Boyer 279-4246

Promotes integration of immigrant women into Quebec society.

McGill Womans Union 3480 McTavish 398-6323

Birth control(except (OCP) available at cost. Post abortion support group. Women only space. Referrals & resources.

Teen-age Mother Group YWCA - Must be a member 866-9941 loc. 317

For 15-25 yr. old mothers. Drop in centre, group discussions, free day care Tues. & Sunday. Short & long term counselling. Parenting skills workshop.

SECTION 5: LEGAL NEEDS

Concordia Legal Information Services 7141 Sherbrooke W. # 130 (Loyola Campus) Free legal services for Concordia students. 848-4960

Aide Juridique / Legal Aid 425 de Maisonneuve W 842-2233 849-9488

Criminal &/or Administrative offices Civil Offices Free representation for accused persons. (must meet financial qualifications)

Black Community Hotline 957-9609

Legal Info service. Referrals. 24hours/7 days. Specializes in emergency situations including arrests.

Canadian Immigration Lawyer Katerina Knize 320 Victoria #201 481-8787 email: katerina@zoo.net Reasonable fees for students Gay & Lesbian Community Centre 2075 rue Plessis, Basement Level 528-8424

Free Legal clinic, Tuesdays 17:00-21:00

Head & Hands 2304 Old Orchard, NDG 481-0277

Lawyers available Tues., Wed. & Thurs. from 19:00, appointment necessary. Half hour consultation \$10.00. Also do-it-yourself divorces.

Inform'elles 443-8221

> Telephone Info on family law Mon. - Fri. 9:00-11:30 & 13:00 -15:30

Ligue des Droits et Libertés du Quebec4416 St Laurent 849-7717

Very helpful. Non-affiliated advocates of human rights. Strengths are first nations rights, racism, social justice, international & immigration.

McGill Legal Info Clinic 3480 McTavish #B20 & B21 398-6792

Student Lawyers. Give information & suggestions but NO advice.

Provincial Legal Aid Switchboard 849-9488

Provides legal referrals to welfare recipients. Hours: Mon.- Fri.: 9-5

Quebec Bar Assoc. Referral 866-2490

Service Referrals to lawyers according to your criteria.

Hours: Mon.-Fri. 9:30-11 & 2:30-4

Sun Youth Legal Clinic 4251 St. Union 842-6822

In conjunction with McGill University, Law students offer free guidance areas. Including poverty law, family law, criminal law & landlord / tenant relations. Hours: Monday 11:00-15:00, Friday 12:00-16:00

No legal questions answered on phone

SECTION 6: SPIRITUAL NEEDS

Campus Ministry SGW 2090 Mackay Z-102 - 848-3590 LOY 2496 West Broadway WF101 - 848-3588

The caregivers and nurturers of the spiritual and religious aspects of university life, operating with a multi-faith view. Offer weekly meditations, prison visits, discussion and reading groups, retreats to Oka, and many various workshops. Emergency food vouchers available by appointment only. Please call for more information. Also offer information on the Multi-faith Network composed of resource people from many of the faith traditions found within the Concordia Community.

A few of the local religious resources:

(SEE ALSO CAMPUS MINISTRY'S "MULTI-FAITH NETWORK" BROCHURE)

THIS IS ONLY A PARTIAL LIST COMPILED FROM THE LISTINGS AT HAND AND IS NOT MEANT TO EXCLUDE ANY OTHER RELIGIOUS TRADITIONS. MOST CHURCHES, SYNANGOGUES, MOSQUES OR TEMPLES ARE LISTED IN THE MONTREAL WHITE PAGES.

DOWNTOWN...

Anglican:

St James the Apostle 1439 St. Catherine W 849-7577 St George's 1101 Stanley 866-7113

Christ Church Cathedral St. Catherine W. at University 843-6577

Buddhist:

Centre Zen de la Main 30 rue Vallieres 842-3648

Jewish:

Chabad House 3429 Peel St. 288-3130

Hillel 3460 Stanley St. 845-9171

Muslim

Muslim Prayer Room, Conocrdia University (Limited space - Concordia Students only) Z-01 2090 Mackay

Presbyterian:

St. Andrew & St. Paul 3415 Redpath (at Sherbrooke W) 842-3431

Roman Catholic:

St. Patrick's Basilica 460 René Levesque (at Beaver Hall Hill) 866-7379

Mary Queen of the World Cathedral René Levesque at de la Cathedrale (across form PVM) (francophone)

United:

Erskine & American Church Sherbrooke St. W. at Bishop

Unitarian:

Unitarian Church of Montreal 5035 de Maisonneuve W. (metro Vendôme) 485-7654

LOYOLA...

Anglican:

St. Philip's Church 3400 Connaught (Sherbrooke W) 481-4871 St. Thomas Church 6897 Somerled Ave. 484-2750

Roman Catholic:

The Loyola Chapel Community The Loyola Chapel Campus Ministry - 848-3588

St. Ignatius of Loyola Parish 4455 West Broadway 481-7768

St. Monica's Parish 6405 Terrebonne Ave. 481-0267

United:

Rosedale-Queen Mary United Church 6870 Terrebonne 484-9969

Other Spiritual Resources

Dignity Montreal 932-2501

Support and worship for catholic lesbians and gays men

Yakhdav 933-7387

> Social and support group for Jewish lesbians and gay men

SECTION 7: MONETARY NEEDS

Financial Aid

Financial Aid and Awards Office, Concordia University SGW LB-185 848-3507

Your one stop shop for loans and bursaries. Offer temporary and emergency loans, undergraduate and graduate awards, work study program, debt counselling program and budgeting workshops Quebec Government Loans and Bursaries Office (418) 643-3750

Quebec Government Automated Voice Response System Montreal (514) 864-4505

5 Employment

Finding a Job

Canada Human Resources & Development Centres
Downtown- 1001 de Maisonneuve E. 522-4444
East Centre- 5100 Sherbrooke E. 255-9113
North West - 6900 Decarie 731-0060
West - 181 Hymus, Pte. Claire 695-9311
Lasalle - 7655 Newman Blvd. 365-9300
Verdun - 4110 Wellington 769-4501

Call 496-1161 to reach a consultant for employment insurance or to get a SIN. Computerized job bank machines are also available at each of the centers, so you can walk in a look at up-to-date listings without having to talk to a civil servant. You can also obtain job listings on the web at http://www.hrdc-drch.gc.ca/

Concordia Work Study Financial Aid & Awards (SGW) LB085 at Loyola AD121. 848-3507

For full time students on campus jobs available 15 hours per week at salary of \$7.00-\$9.00 per hour.
Also Summer work on campus if a student is carrying 6 credits.

Concordia Student Union Job Search 848-7476

Offers a free database listing of jobs in the Montreal area. Lists are posted outside the CSU offices(SGW/H260). You can search the database yourself from the Web at http://cug.concordia.ca/~housjob/ or email questions or suggestions to housjob@alcor.concordia.ca or call

Employment Telemessage 283-3364

An automated job search available 24 hours as a part of the Human Resources Center of Canada

Jewish Vocational Services 5151 Cote-St-Catherine 345-2625

During the academic year, this service has a variety of workshops that can help students improve their employability. If looking for a job, they mostly deal with 9-5 work which may only suit a students summer schedule

Emploi-Quebec Regional Office - 5350 Lafond. Montreal Info-725-5221 Centre-Sud - 1260 Ste. Catherine E. 872-2326 CDN - 5950 Cote des Neiges 872-6530 Lasalle - 2212 Dollard 365-4543 Lorimier - 3415 Hogan 872-6480 NDG - 3285 Cavendish 872-5180 Park Ex. - 7077 du Parc 872-3188 Plateau - 4584 St. Denis 872-4922 Pte-St-Charles - 1880 Centre 872-6426 St Alexandre - 1004 St. Antoine W. 872-4310 Verdun - 3901 Bannantyne 769-3856 Ville Emard - 5524 St. Patrick 872-6600

Head & Hands Inc. 2304 Old Orchard, NDG – 481-0277 or 481-2336 Youth Job Bank

Placement Etudiant du Quebec Montreal 873-7395 Province 1-800-463-2355 Youth Employment Services 630 Rene Levesque W. #185 Prom. Level 333-5100 or 878-9788

Hours: M-F 9:00-16:30

Web site - www.yesmtl.org Started

by Alliance Quebec,

this group caters specifically to anglophones usually between 18-35 looking for jobs. They also offer an entreprenuership program. Pre-employment counselling, workshops, events & placement.

SECTION 8: ACADEMIC NEEDS

Help available at Concordia

Professor and Classmates

Should always be who you speak to first. Go see your profs. during their office hours and they may have some tips or suggestions. Speak to your classmates, maybe create a study group, chances are you are not alone.

Registry of Tutors SGW H-653 848-3517 LOY AD-1221 848-3535

If you would like to be a tutor, or if you are in need of one, give them a call

Counselling and Development SGW H-440 848-3545 Loy 2490 West Broadway 848-3555

The Learning and Writing Center offers help to students who want to improve their academic skills and learning potential through workshops, Learning Specialists, and Peer Writing Assistants. They also offer personal counselling, and a Careers Library.

The Writing Center SGW H-653 848-3517

Free, individualized tutoring services. Not a proofreading service, they help improve students writing abilities

Getting Involved

There are hundreds of ways to get involved at Concordia. For information on all the clubs and associations, stop by the CSU (SGW H-637 848-7474). They are also all listed in the CSU agenda, available at the CSU office. A great way to meet people is at Mother Hubbard's Cupboard, a Monday night tradition where a hot and hearty vegetarian meal is served to students for a donation of a buck or two (Mondays from 5-7, SGW Z-103, 848-3588). There are many ways to get involved and help others at the same time. Services for Disabled Students (SDS) are always looking for volunteers (SGW H-580 848-3525. LOY AD-130 848-3536). If you are looking to be part of a team, go see the folk at Concordia Athletics for information on joining a team of taking a class (7200 Sherbrooke W. 848-3858).





SECTION 9: THE NEED TO RELAX

Concordia Athletics Victoria Gym 1820 de Maisonneuve W. 848-3860

Loyola Athletic Complex 7200 Sherbrooke W. 848-3858

Sport leagues, instruction, and recreation. Join a team, take aerobics or yoga fore relaxation. Many activities that will give you a chance to socialize and exercise at the same time. Cheap rates for students.

YMCA 1450 Stanley 849-8393 and various locations

Assoc. Cdn. Libanaise-Syrienne du Qc 40 Jean Talon E. 274-3583

> Community centre & charitable organization. Helps families in need.

Assoc. des Immigrants Latino-Americans 5307 Cote des Neiges, 3rd fl. 737-3642

Info & referrals for Latin-American immigrants

Black Community Resource Centre6767 Cote des Neiges 342-2247

> Provides community services, some courses, family support services, legal hotline, teen sports program

Cdn. Italian Community Foundation of Quebec 505 Jean Talon E.

505 Jean Talon E. 274-9461

Information, referrals, advocacy, consultation, interpreter, Social services.

Centre Portugais 4050 St. Urbain 842-8045

Reception, information, referrals

Chinese Family Services of Montreal 987 Cote, 4th fl. -861-5244

Social & cultural services. Languages: English, French, Cantonese, Mandarin, Toishanese. No-Profit. Services to newcomers, linguistic support, programs for women, programs for the elderly, counselling, workshops & seminars, publications, research, French classes for newcomers

Chinese Neighborhood Society 5831 du Parc -272-9630

Grass roots social service group for poor Chinese persons in Montreal. Services for the elderly & women.

Communaute Vietnamienne 6338 Victoria #16 340-9630

Social & cultural services

Federation of Filipino Canadian Assoc. of Que.
6555 Cote des Neiges
341-2122

Houses many services & organizations. Provides community services.

Hellenic Community of Montreal 5777 Wilderton 739-2421

Cultural events. Social & legal counselling.

India Nat'l Assoc. of Cdns. of Origins in India(NACIO) 1410 Stanley 288-8720

Info and resources.

Jamaica Assoc. 4065 Jean Talon W. 737-8229 737-7242

Offers various courses. Provides police mediator

Japanese Canadian Cultural Center 8155 Rousselot 728-1996

Gives language & cooking classes. Extensive library in Japanese, English & French

Jewish Community Foundation of Greater Montreal (CJA) 5151 Cote Ste. Catherine Rd. 735-3541

Central fund raising, allocating, coordinating & planning body of the Jewish community. Provides services in health, welfare, recreation, education & culture through 20 member groups.

Jewish Info Referral Service 737-2221

Referral line for Jewish organizations & centers n the city. Hours: 9:30-16:30

Concordia Queer Collective 848-7414

Lesbian, Bisexual, Gay & Transgender Students of McGill 932-6822 Student group (Concordians welcome) organizing weekly political and social discussion groups on a wide range of topics.

Lesbian and Gay Community Center 528-8424

Info and referrals, meeting space. Offers social events and support groups. Primarily francophone.

McGill Black Students Network 3480 McTavish, 4th fl. 398-6815

Provides volunteer tutors, discussion groups, film screening. Focus on social & political issues affecting people of African descent at McGill & the community in general.

Mohawk Nations Office Resource Centre. 450-638-4750

Secretarial services to the community & the longhouse. Research available to students.

Native Friendship Centre 2001 St. Laurent 499-1854

Info, referrals, counselling. Daily soup at 12:00 & 16:00. Rec. room, food & clothing depot, job bank.

M Travel

Always remember that if you are going on a trip, chances are that you need some vaccinations and immunizations and depending on where you are going, water purification tablets might be pretty handy. All of this and more is available at Health Services (2155 Guy Rm. 407). They also sell really cheap self care items. If you need health insurance, they have a lot of information and many referrals to offer.

ALLO STOP Car pool service 4317 St. Denis 985-3032

Toronto-\$26.approx Sherbrooke- \$9. approx. Ottawa- \$10. approx. Quebec - \$15. approx.

Via Rail 989-2626

40% off adult fares in Canada. Requires International Student I.D. card available through Via - call to arrange

Voyage Campus 1455 de Maisonneuve W. H-222 288-1130

Special student fares - call for latest deals

Voyageur Bus Lines 505 de Maisonneuve E. (corner Berri) 842-2281

Approx. 25% discount for students for Canadian destinations

Cheap Kicks

Access Montreal 872-1111 Closest office is: City Hall 275 Notre Dame E. 872-6395

> THIS IS A DEAL MOST PEOPLE ARE NOT AWARE OF !!! Where & how to get "ACCESS MONTREAL" card for reduced prices, for city residents. Card reduces prices on most Montreal spots such as Biodome. Jardin Botanique, Parc des Iles Beach, museums, IMAX, MSO, La Ronde, Rafting, various festivals etc.....The card costs \$5.00, and you need your utility bill, or 2 documents showing your residence in the city of Montreal & Student ID. Card is effective from day of purchase for 12 months. On average there is a 15% reduction on most activities

Biodome de Montreal 4777 Pierre de Coubertin -Metro Viau 868-3000

\$7.00 for Students, with Access card the price is reduced to \$5.25

Complex des Jardins St. Catherine St. E. between Jeanne-Mance & St Urbain Metro Place-des-Arts 845-4636

Many FREE activities & exhibitions. Call for listing.

Concordia Theatre Dept. D. B. Clark Theatre, 1455 de Maisonneuve W. H-0050 848-4742

Five shows produced per year for \$2.00 a show. YOU CAN'T GO WRONG

Jardin Botanique 4101 Sherbrooke E. -Metro Pie IX 872-1400

> \$5.25 for students, with Access card the price is reduced to \$3.25 Not JUST flowers, check it out!!!!!!

Musee D'Art Contemporain de Montreal 185 Ste. Catherine St. W. 847-6226

Open: Tues. - Sun.: 11:00 - 18:00 and Wed. evenings until 21:00. Price is \$3.00 for students with a valid student ID except Wednesday from 18:00-21:00 which is FREE for all

Musee des Beaux-Arts de Montreal1379 Sherbrooke St. W. 285-1600 or 285-2000

Price is \$5.00 for students with valid ID except for special Exhibits then the price is \$6.00. Might be worth it to spend \$25.00 for a year membership

McCord Museum 690 Sherbrooke W. 398-7100

Hours: Tues. - Fri. 10:00 - 18:00, Sat. & Sun. 10:00-17:00

Price for students with valid ID \$4.60 tax included

Palace Cimema 698 Ste Catherine W. 866-6991

Cost - \$2.50

Parc des lles Les iles Ste-Helene & Notre-Dame
Metro lle Ste-Helene

Year round outdoor activities. Call for more info. on equipment rental. 872-4537

Planetarium 1000 St. Jacques W. -Metro Bonaventure 872-4530

\$4.50 for students, with Access card the price is reduced to \$3.00

Stingers Games, Concordia Recreation & Athletics 848-3888

Your teams always enjoy your support....LET THE STINGERS STING YOU

Cheap Thrills
2044 Metcalfe
844-8988
Used books
1433 Bishop
844-7604
Used books, records & Cds

Russell Books 275 St Antoine St.-866-0564

Used Books

Jack's Music shop 77 St Antoine W 861-6529

York Music 1344 Ste. Catherine W. (near Crescent) 874-0824 Used Guitars & Amps, they buy, sell, trade.

SURVIVAL PHONE NUMBERS

Greater Montreal*

790-1245 Admission (ticket office) AIDS Hotline (Info-Sida) 281-6629 Air Quality 873-3636 376-9230 Alcoholics Anonymous Animal Control 872-3181 Association for the Blind 489-8201 286-9281 **Better Business Bureau** Birth and Death Records 864-3900 283-5656 Citizenship 932-5555 Cocaine Anonymous 872-7232 Composting **Consumer Complaints** 872-3181 873-3701 Consumer Protection 278-2130 **Depression Anonymous** 411 **Directory Assistance** 484-6666 Gamblers Anonymous 598-3111 Gas (odour detection) 275-7575 Health (Info-Sante) Housing Hotline 488-0412 873-7618 **Human Rights** 873-4611 Hydro-Quebec (emergency) 496-1010 **Immigration** 872-0679 Municipal Taxes Narcotics Anonymous 525-0333 83-2152 Passports 251-0046 Rape Crisis Line 939-8300 **RCMP** 872-3434 Recycling 934-4504 Sexual Assault 723-4000 Suicide Prevention 935-1101 Tel-Aide (24 hour help line)

Concordia**

Admissions office	2668
Advocacy & Support Services	3536
Advocacy at CSU***	7474
Applied Psychology Center	7553
Athletics (LOY)	3850
Athletics (SGW)	3860
Audio/Visual	3434
Board of Governors	4814
Bookstore (SGW)	3615
Bookstore (LOY)	3638
Campus Ministry	3588
Career and Placement	7345
Commissioner of Oaths	3517
Computing Services	7655
Counselling and Dev,	3545
Dean, Arts and Science	2081
Dean, Fine Arts	4602
Dean of Students	3517
Disabled Students Services	3525
Financial Aid and Awards	3507
Health Services	3565
Housing Services (CSU)	7476
Information Center	3838
International Students	3515
Job and Housing Bank	7476
Legal Information	4960
Ombuds Office	4964
Peer Helper Center	2859
Security (SGW)	3717
Security (LOY)	3707
Shuttle Bus Inquiries	3485
Student Accounts Office	4900
Student Safety Patrol	7533
river to medical to \$3.25 Net-	greet!

^{**} all numbers begin with 848

^{*} all numbers are in 514 area code

^{***} Concordia Student Union

NOTES AND NUMBERS

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IMPORTANT CONCORDIA DATES- FALL 1999

September

Wednesday	1	◆ Last day to apply for late completion of courses taken during the Summer session 1999.
Monday	6	◆ Labour day – University closed.
Tuesday	7	Classes begin – Day and Evening Regular Session Opt-Out period for CSU Health Insurance fee begins
Wednesday	15	Last day for submission of late-completion work for Summer Session 1999 (application deadline September 1) Last day to add two-term (/3) and fall-term (/2) courses
Monday	20	Last day to apply for supplemental examinations for courses taken during the Summer Session 1999 University Writing Test appointment cards available at the Birks Student Service Center
Tuesday	21	Deadline (midnight) for withdrawal with tuition refund from two-term (/3) and fall-term (/2) courses (DNE) Opt-Out period for CSU Health Insurance Fee ends

October

Friday	1	◆ Last day to apply for re-evaluation of courses taken during Summer Session 1999
Saturday	2	Replacement and supplemental examinations for Summer Session 1999 courses
Friday	8	◆ University Writing Test
Monday	11	◆ Thanksgiving day – University closed (see December 7, 1999)
Wed-Fri	13- 15	◆ Tentative examination schedule available at the following locations: all Touch-Screen terminals, display cabinet – Hall Building ground floor; display cabinet outside CC214 at Loyola

November

Monday	1	Last day for application to Undergraduate programs – Winter term 2000 Deadline to apply for Degree Transfer into Arts and Science, Commerce and Administration, or Engineering and Computer Science – Winter Term 2000
Tuesday (Midnight)	2	Last day for academic withdrawal from fall-term (/2) courses (DISC)
Monday- Wednesday	8- 10	 Final examination schedule available at the following locations: all Touch-Screen terminals; display cabinet – Hall Building ground floor; display cabinet outside CC214 at Loyola
Thursday	18	◆ Fall Convocation
Monday	29	Last day for instructor-scheduled tests or examinations

December

Wednesday	1	Last day for International students to change their Immigration status to refugee/permanent resident for the Fall term 1999 and apply for a possible refund Last day for submission of documents to prove Quebec provincial residency for the fall term 1999
Monday	6	◆ Last day of classes – Fall term
Tuesday	7	Make-up day for classes scheduled on Monday, October 11
Wed-Thurs	8- 23	◆ Examinations period



January 2000

Tuesday	4	Classes begin – Winter term Opt-Out period for CSU health Insurance Fee begins
Wednesday	5	University Writing Test appointment cards available at the Birks Student Service Center
Wednesday	12	Last day to add winter-term (/4) courses
Friday	14	University Writing Test
Saturday	15	Last day to apply for degrees, diplomas and certificates for Spring 2000 graduation Last day to apply for DEF or MED notation for courses taken during Fall (/2) term 1999
Tuesday	18	Deadline for withdrawal with tuition refund from winter-term (/4) courses(DNE) Opt-out period for CSU Health Insurance Fee ends



Campus Ministry

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FEEDBACK PAGE

Please cut along the dotted line and return this form to : Daryl L. Ross, Chaplain Concordia University Campus Ministry 7141 Sherbeooke W. Montréal, QC H4B 1R6 Or drop it by at: Loyola - Annex WF-103 (2496 West Broadway) I would like to suggest the following addition(s) to this guide: **Cut along this line** I tried to access these services and they were unavailable or unsatisfactory: I would suggest the following changes in the format:

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